

# Picking the True Package

Food package 1: \_\_\_\_\_

1. Front of the package claims:

2. Nutrition Facts label:

\_\_\_\_\_ grams of dietary fiber  
per serving

3. Ingredients list:

1<sup>st</sup> ingredient \_\_\_\_\_

2<sup>nd</sup> ingredient \_\_\_\_\_

4. Whole Grain Stamp:

Is there a stamp? Yes ☐ No ☐

If "yes," how many grams of whole  
grains does 1 serving provide?

\_\_\_\_\_ grams

5. Does the food product provide a serving  
of whole grains? Explain.

Food package 2: \_\_\_\_\_

1. Front of the package claims:

2. Nutrition Facts label:

\_\_\_\_\_ grams of dietary fiber  
per serving

3. Ingredients list:

1<sup>st</sup> ingredient \_\_\_\_\_

2<sup>nd</sup> ingredient \_\_\_\_\_

4. Whole Grain Stamp:

Is there a stamp? Yes ☐ No ☐

If "yes," how many grams of whole  
grains does 1 serving provide?

\_\_\_\_\_ grams

5. Does the food product provide a serving  
of whole grains? Explain.



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